



COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

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COMMONWEALTH of VIRGINIA
Department for the Aging
 Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
 Area Agencies on Aging

FROM: Tim M. Catherman
 Deputy Commissioner, Support Services

DATE: July 6, 2005

SUBJECT: Virginia Aging and AoA in the News

Below are Virginia Aging or AoA related articles that have occurred since last week's Tuesday E-mailing. These links do not require a paid service; however, some (like the Washington Post, etc.) ask a brief survey or registration. Please note some links are time sensitive and can change daily. Some articles may be editorial and/or political. Links are presented 'as is'.

If you are aware of additional articles, please e-mail me a link for inclusion next week.

Virginia AAAs In the News

[Volunteer advocates needed](#)

TimesCommunity.com - Leesburg, VA

... provided. The Northern Virginia Long-Term Care Ombudsman Program is funded in part by the Fairfax County Area Agency on Aging. For ...

[International conference visits MEOC](#)

Coalfield Progress - Norton, VA

... formed one of nine bus tours that scattered across Southwest Virginia and northeast ... 31-year-old agency she heads began as the official agency on aging for Wise ...

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Warren J. McKeon, Financial Manager

DATE: July 6, 2005

SUBJECT: Title V Closeout Report – FYE 06/30/2005 Contracts

The close out (settlement) reports for the fiscal period beginning July 1, 2004 and ending on June 30, 2005 for the Title V, Senior Community Service Employment Program must be submitted to the Virginia Department for the Aging (VDA) on or before August 1, 2005. Please complete the report using the pages and fields for DOL or NCOA, whichever is appropriate. An electronic version of the report is available on the VDA website, www.vda.virginia.gov. Please e-mail the completed report to reports@vda.virginia.gov. Please name the file, Title V Closeout Report PSAxx (Insert your PSA number in the characters, xx). If you have any questions, please call me at (804) 662-9320 or e-mail me at warren.mckeon@vda.virginia.gov.

CC: Tim Catherman, Deputy Commissioner, Support Services
Pat Cummins, Program Coordinator

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Deputy Commissioner, Support Services

DATE: July 6, 2005

SUBJECT: Nutrition Program Coordinator

Carol Driskill has resigned effective July 15. As a result, VDA is recruiting a Nutrition Program Coordinator. Attached is a copy of the position advertisement.

The Department wishes Carol much success and thanks her for her service.

Program Coordinator
Virginia Department for the Aging
Hiring Range: \$42,500 – 52,000

The Virginia Department for the Aging has an opening for a Program Coordinator related to Nutrition, Socialization and Recreation, Health Education/Screening and Disease Prevention. The nutrition program is the largest program provided through the Department. Both Home Delivered Meals and Congregate Meals are provided by the Area Agencies on Aging by contract with the Department.

The Program Coordinator position has overall responsibility for the development, implementation, and oversight of major statewide program(s) administered by the Virginia Department for the Aging. The Program Coordinator assures that the program that they administer operates within all federal statutes including the Older American's Act and state regulations by developing program service standards, policies and procedures, developing performance outcome measures, providing training to the Department and area agencies on aging and subcontractors. This position oversees the completion of program reports prepared area agency on aging/contractor and compiles the information to produce required state and federal reports.

An undergraduate degree with evidence of successful completion of a supervised practice program accredited by the Commission on Accreditation of Dietetics Education of the American Dietetic Association. Master's degree and Registered Dietitian preferred. Frequent overnight in state travel is required. Applicants should have a working knowledge of complex concepts in the areas of human services program development, implementation and oversight, performance outcome measures, and program reporting. Skill with word processing required and database management, and statistical analysis preferred.

Interested candidates are encouraged to apply by submitting a signed Application for Employment (#10-012) to Position #032, to Human Resources, Monroe Building, 12th Floor 101 North 14th Street, Richmond, VA 23219. Ph 804/ 225-2131; Fax 804/ 371-7401. A state application may be downloaded at <http://www.dhrm.virginia.gov/>. Resumes may be included but cannot substitute for a completed State Application. Your application must be received by 5:00 p.m. on July 8, 2005. Equal Opportunity Employer. Older persons are encouraged to apply.

Do NOT send applications to the Department for the Aging.

COMMONWEALTH of VIRGINIA
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Human Services Program Coordinator

DATE: July 5, 2005

SUBJECT: Best Practices – Monitoring Contractors

Ms. Kathy Miller and Ms. Judy Nelson of Senior Connections – The Capital Area Agency on Aging just completed monitoring all their Adult Care Service Providers. Ms. Miller will follow-up her monitoring visits with letters describing her observations of the contractors' practices. Attached, please find a copy of the monitoring instrument utilized by PSA 15. It may be useful in monitoring your service providers.

Adult Care Services Monitoring Tool

Agency Monitored: _____

Monitoring Date: _____

Monitoring Staff: _____

Provider is licensed by:

License no.:

Provider is approved as a provider of personal care or adult day care services by DMAS. _____ Yes _____ No

Medicaid Provider no.:

Accreditation by:

Provider performs assessment of client prior to service commencement using UAI. _____ Yes _____ No

Provider develops, with client input, a written individualized care plan which includes:

Service needs	_____ Yes	_____ No
Services to be provided	_____ Yes	_____ No
Service hours (units)	_____ Yes	_____ No
Goals	_____ Yes	_____ No

Provider maintains documentation of services provided in client record that includes:

Date(s) of service	_____ Yes	_____ No
Services provided	_____ Yes	_____ No
Comments	_____ Yes	_____ No
Signature of aide	_____ Yes	_____ No
Signature of client	_____ Yes	_____ No

Provider performs RN supervision every 30 days while client is open to personal care services. _____ Yes _____ No

Provider performs reassessment of client need for services when condition changes, but at least semiannually.
_____ Yes _____ No

Provider has a service termination policy that includes :

Advance notice	_____ Yes	_____ No
Discharge summary	_____ Yes	_____ No
Referrals, as appropriate	_____ Yes	_____ No

Staff meet requirements specified in VDA service standard:

CNA or valid certificate	_____ Yes	_____ No
Criminal history	_____ Yes	_____ No
References	_____ Yes	_____ No
Inservice training (8 hrs. minimum)	_____ Yes	_____ No

Service activities are within requirements specified by VDA service standard. _____ Yes _____ No

Provider has written policies and procedures for the day-to-day operation of services provided. _____ Yes _____ No

Comments:

COMMONWEALTH of VIRGINIA
Department for the Aging
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: July 5, 2005

SUBJECT: Kinship Care

Five local entities in Virginia are operating kinship care programs started with a seed grant from the Brookdale Foundation. All five programs were represented at the biennial Brookdale Foundation Conference in Denver, Colorado June 10-12, 2005.

Catholic Charities of Eastern Virginia, Inc. offers multi-site support groups, case management and advocacy services, a lending library, a quarterly newsletter and a Warm-line. The agency sponsors an annual Back-to-School bash and Grandparents Day celebration. The agency developed a curriculum to address the needs of elementary school children being parented by grandparents or other relatives. Caregivers are given assistance with school supplies, clothing, furniture, emergency medication, information and referral assistance, and holiday baskets.

A community activity for children quarterly offers respite care for adults as well as summer camp scholarships. In-home respite is offered on a sliding fee scale to kinship caregivers who are caring for a loved one over 60 years of age. These services are in addition to the customary counseling and classes available to clients of Catholic Charities on an ability to pay basis. For further information, contact Kathy Dial at 757-533-5217 or kdial@cceva.org

Family Service of the Roanoke Valley, offers grandparent support groups, individual and family counseling for grandparents and grandchildren, educational resources and, resource identification. Program highlights include: annual reports featuring the

agency's **Grandmombaddy** program, participation in Back to School Extravaganza, Fall Fest and, workshops for human service professionals. For further information, contact Cathy Thompson at 540-563-5316 cthompson@fsrv.org

Kincare is a kinship care program of Mountain Empire Older Citizens, Inc (MEOC) located in Big Stone Gap, Virginia. Under the Kincare program, Mountain Empire Older Citizens offer the following services at no cost to KinCare families:

- Assessment and referral services using the Uniform Assessment Instrument, a kinship care intake form, a consent form and, behavioral systems checklist
- Mental health services that includes monthly therapeutic group for caregivers as well referrals and counseling for children
- Support groups/Grandparent meetings monthly at three different locations
- Storytelling programs at an elementary school where the majority of children are being raised by grandparents
- Family Fun Programs with food, transportation and intergeneration activities
- Caregivers Luncheons held on a quarterly basis that include transportation and gift bags
- Tips for Loving Caregivers Program held monthly by a mental health prevention specialist
- KinCare Connections supplement for the quarterly Mountain Empire News
- Clothing vouchers, back to school supplies and Christmas for Kids programs provided through community collaborations
- Advocacy, warm telephone line, home visits and information and referral services are provided in coordination with MEOC adult services.

For further information, contact Carol Moore at 276-523-4202 or cmoore@meoc.org

GrandPEAS or Grandparenting Education and Support Program is part of the Parenting and Education and Support Program offered by the Strong Families/Strong Youth Coalition in collaboration with Rockingham Memorial Hospital in Harrisonburg, Virginia. The program is based on the 'Parenting a Second Time Around' curriculum from Cornell University. After making the GrandPEAS school based, the program has started to grow. Programs that meet monthly in two elementary schools include children's programs offered in conjunction with the grandparents' meeting. A third GrandPEAS group will begin in the fall. For further information, contact Cindy Reeves at 540-433-4421 or creeves@rhcc.com

Greater Richmond SCAN's KinCare group meets twice a month for ninety minutes. A caregivers group is led by a MSW professional who offers support and education. A children's group meets at the same time and is coordinated by a LCSW. The children's

facilitator is assisted by volunteers enabling the LCSW to focus on age appropriate activities. Younger children work on developmental issues while older children discuss issues such as anger, positive communication, family issues and relationships. One of SCAN's board members provides dinner for the kincare group every other month. For further information, please contact Ellen Childers at 804-257-7226 or ElChil58@aol.com

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Carol Cooper Driskill
Program Coordinator

DATE: July 6, 2005

**SUBJECT: TECHNICAL ASSISTANCE:
CLIENTS WHO WON'T DRINK MILK**

Question: What should be done for older adults in the elderly nutrition program who refuse to drink milk? Should milk be delivered or provided anyway?

Response from Carol Driskill: Some AAAs have found that clients prefer low fat 2 percent chocolate milk (PSA 6), buttermilk (PSA 2), or powdered milk (PSA 19).

Response from Joseph (Joe) Carlin, MS, RD, FADA, Regional Nutritionist, and our liaison, from Administration on Aging: The answer is yes; milk should be offered and delivered. That said, let's dig a little deeper. There should only be a small percentage of clients who reject milk. Without the milk it is very hard to meet 1/3 of the DRIs.

You may want to get more objective data on this issue. Here is where a dietitian can design a questionnaire to go out to every HDM recipient asking questions about their milk drinking habits. The problem with milk at the sites again requires an assessment by a nutritionist.

With this data a strategy can be developed. That strategy could include acceptable calcium rich substitutes for those who cannot tolerate milk.

When there are people identified as being lactose intolerant, yes, you can stop dropping off milk. That is a reasonable and responsible approach. This should not be the decision of the driver or site manager. Rejecting milk requires the intervention of a nutritionist who can assess the situation and recommend corrective action.

My gut feel feeling is that the numbers are small and with proper interventions on the part of a professional, a happy solution can be found.

Response (excerpts) from Florence Reed, Director, Nutrition Unit at New York State Office for the Aging: Programs are expected to try to determine why the client is refusing (or just not) drinking the milk. This would cover such conditions as Lactose intolerance or dietary restriction either for medical or cultural/religious reasons. Of course, it's hoped that these types of situations are picked up during client assessment process.

Response from Sue Zevan, R.D., Arizona Department of Aging and Adult Administration: If individual preference precludes the acceptance of milk, the following may be substituted for 8 ounces of milk:

- 1 cup of reconstituted or 1/3 cup powdered milk
- 1-cup equivalent of nonfat dry milk
- 2 cups low fat cottage cheese
- 1-½ cups ice milk or ice cream
- 1-½ cups low fat custard or pudding
- 1-cup low fat yogurt
- ½ ounce of cheese, preferably low fat
- 1-cup tofu (calcium salt processed)

For a Kosher meal, it is recommended that 8 ounces of milk or any of the above substitutes be served as a snack within the culturally accepted time period.

Response (excerpts) from Douglas Buck, Ph.D., Nutritionist, Connecticut Department of Social Services Elderly Services: Many of our people likewise refuse milk. We also have a large Jewish population, although most will take their milk home and drink it later. I believe that the best we can do for those who refuse milk is to serve them a nutrient rich meal, where they can get most of what they need without it. There are many calcium rich foods, which, when included in a meal with other wholesome foods, provide a considerable amount of calcium. Of course, calcium fortified soymilk;

calcium rich orange juice and Lactaid are available if we want to go that route (we haven't in Connecticut).

- 1-ounce cheese - 200 mg
- 1/2-cup spinach - 125 mg
- 1/4-cup tofu - 125 mg
- 1/2-cup white beans - 80 mg
- 1/2-cup winter squash - 45 mg
- 2 slices whole grain bread - 40-60 mg
- 1/2-cup sweet potato or broccoli - 35 mg

Vitamin D is extremely important, perhaps the most critical. Our people, especially home bound elderly, seldom get enough Vitamin D. (An entire issue of *The American Journal of Clinical Nutrition*, December 2004, supplement has been devoted to Vitamin D). We also need to exercise more.

I hope this information is helpful.

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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Human Services Program Coordinator

DATE: July 6, 2005

SUBJECT: Office of Newcomer Services (ONS) Department of Social Services
Partners Meeting

On June 9, 2005, VDA participated in the ONS Partners Meeting. ONS deals with refugees seeking asylum in the United States from persecution in other countries. The agenda included updates from the ONS staff on various critical issues facing resettlement partners, such as funding, policy and health issues. ONS recently submitted a request for a grant from the Federal Government to establish programs for elderly refugees with a letter of support from VDA. During 2004, more than 1,800 refugees and persons seeking asylum because of wars, human rights violations, and fear of persecution or death were settled in Virginia. (Immigrant - a newcomer to a country who has settled there, leaving his own country not necessarily as a result of persecution as opposed to Refugee - somebody who seeks or takes refuge in a foreign country, especially to avoid war or persecution)

ONS outlined its work priorities for FFY 05-06:

1. *Ensure that resettlement activities are rendered well so as to quickly move refugees towards self-sufficiency and social self-reliance.*
2. *Building on and/or improving communication between all of the resettlement "players" and making connections wherever we can.*
3. *Enhancing our awareness and knowledge of world, national and local events and issues so as to make us better informed and able to make smart policy decisions.*
4. *Bringing in to sharper focus our "fit" here in the Department and elsewhere in State government...*
5. *Raising the bar even higher as to our attainment of excellence in our office.*

The major refugee group discussed was the Somali Bantu, Liberians and other western Africa refugees. Many in this refugee group came from camps in Kenya as a result of fleeing the Somali war of the 1990's. This population is struggling to adjust in a new cultural and social environment – especially in the Richmond area. An article on the effect of refugee resettlement on a struggling industrial town - Utica, New York – was distributed at the Partners Meeting. It is attached in PDF.

Also, discussed at the meeting was the trafficking of persons. The Federal government has made major policy and financial efforts against the practice of labor and sex trafficking that has entrapped millions of people each year. \$96 million dollars was provided by the United States in anti-trafficking assistance to foreign governments and non-profits last year. The U.S. State Department recently released its **2005 Trafficking in Persons Report (TIP)**. The **Trafficking in Persons Report** serves as the primary diplomatic tool through which the U.S. Government encourages partnership and increased determination in the fight against forced labor and sexual exploitation. It focuses on the efforts of a growing community of nations to share information and to partner in new and important ways to fight human trafficking. Countries failing to take action to comply with the minimum standards for the elimination of trafficking receive a negative Tier 3 assessment in the Report. The country could be subject to losing non-humanitarian and non-trade related assistance to that country from the U.S. For a copy of the report contact: www.state.gov/g/tip.

Refugee Renewal

Absorbing the displaced from overseas can be a tough urban task. But for a city in decline, it can be an unexpected opportunity.

BY WILLIAM FULTON

MOHAWK STREET

in east Utica is a typical old ethnic retail street—a block or so of three-story brick buildings, flanked on either side by another block of wood-frame houses turned into small shops and modern-day convenience stores surrounded by parking lots. Mohawk Street isn't downtown, but it's less than a mile away, built more than a century ago to serve as the commercial center of the Italian neighborhood around it.

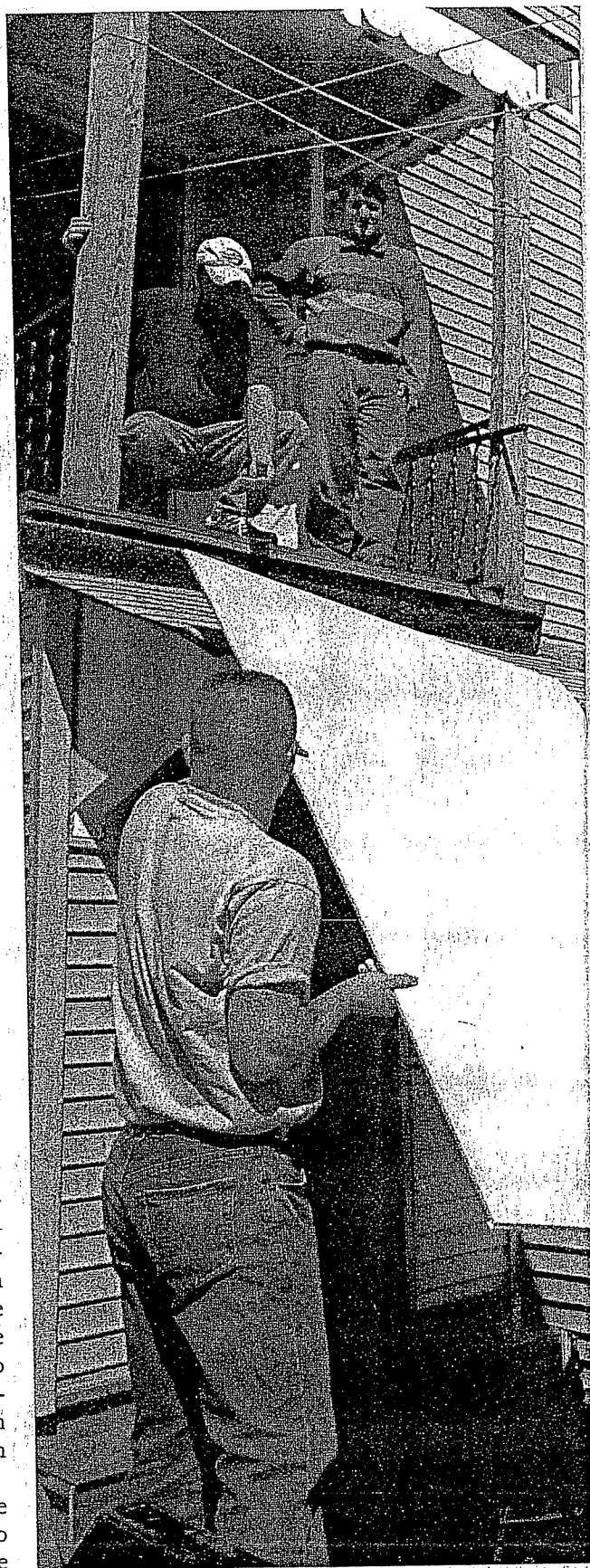
Every industrial town in the Northeast has a street like Mohawk, sometimes two or three, depending on how many different groups arrived during the great European immigration of the late 19th and early 20th centuries. Most of them are struggling today—especially in places such as Utica, which has lost almost half its population in the last 50 years. As the surrounding residential neighborhoods have emptied out, property values have declined, and most of the once-thriving inner-city retail centers have hollowed out.

Yet Mohawk Street is doing well. The buildings are in good shape. All the storefronts are occupied. The mixture of businesses is eclectic but homey—an old Italian bakery, a new Vietnamese restaurant, a locally owned furniture store. The surround-

ing neighborhood—made up mostly of two-story houses from the late 1800s, built close to the street with two-story porches—is modest but stable. Houses that were offered at tax sales for \$2,000 only a few years ago are now worth \$40,000 or \$50,000. Most of the owners have a steady job—sometimes two or three—and are constantly improving their homes. Instead of shriveling away, east Utica is coming back—not fashionably but with a solid working-class optimism that seemed dead in this part of the industrial Northeast a generation ago.

Utica's urban revival owes its success to a tragedy of epic proportions that took place some 4,000 miles away: the civil war that wracked the former Yugoslavia in the 1990s, during the reign of Slobodan Milosevic. Eight hundred thousand ethnic Bosnians were displaced. Over the ensuing decade, a quarter of them were resettled in the United States. Twelve thousand came to New York State, and thanks in part to a hospitable faith community committed to assisting refugees, more than 4,000 Bosnian refugees arrived in Utica between 1993 and 2001.

That's one-half of 1 percent of the ethnic Bosnians who were forced to leave their homeland. But it's a huge



influx for an American city whose population was shrinking during that same time from 68,000 to 60,000 people. Industrious and entrepreneurial, the Bosnians quickly found opportunity in a place that had seemed to offer little hope to anybody. They took advantage of a labor shortage by moving into entry-level manufacturing jobs. They took advantage of a housing surplus by picking up homes cheaply. And coming from the chilly northern Balkans, they weren't fazed by Upstate New York's harsh winters.

"Everybody suddenly wanted to rent to the Bosnians," says Mayor Tim Julian, whose own Italian ancestors occupied the same neighborhood decades ago. "If the landlord didn't do the work, the Bosnians would just do it themselves."

Youth and Energy

Immigration has been a consistent source of renewal for American cities, going back to the Irish and Germans who brought economic, social and political energy to urban neighborhoods in the 1840s. It's well documented that a new wave of immigration since the 1970s has done the same. The for-

It is hard to imagine a less likely engine of urban revival than Utica. But the Bosnians are thriving.

eign-born population in the United States has tripled during this time to almost 30 million. Mostly from Asia and Latin America, the new immigrants have changed the landscape of cities such as Miami, New York and Los Angeles—and are now changing smaller towns across the nation.

Buried in these statistics, however, is a second and less obvious trend: In the past two decades, older American cities and suburbs have increasingly absorbed not just immigrants but political refugees. In the past 30 years, almost 2.5 million refugees from around the world have been resettled in the United States. Cambodians have come to Massachusetts; Kurds to Tennessee; Hmong to California's Central Valley and Minnesota's Twin Cities. The Bosnians have settled mostly in Utica, St. Louis, Chicago and

Phoenix. In most of these cases, the local refugee population grew from "never heard of them" to 10 percent in just a few years.

Because political unrest has affected so many cultures in the past three decades, there is no single profile of a refugee. Many, such as the Bosnians, bring with them customs relatively similar to those of a Western country. Others—ranging from Cambodians to Kurds—come from places that are culturally quite different from the United States but have been adaptable enough to thrive without too much trouble. But some of the refugees have come straight from rural societies far removed from Western culture. The Hmong barely had a written language when they first arrived from Laos. African Bantus—an increasing presence in Utica and several other cities—reached the U.S. following lengthy

stays in Kenyan refugee camps and after escaping civil war in Somalia.

Most refugees arrive through a highly organized worldwide system of resettlement that involves the United Nations, the U.S. State Department, the Office of Refugee Resettlement in the Department of Health and Human Services, nonprofit organizations of all kinds, and local church groups that feel a moral imperative to help. There is a growing consensus that, however tragic the political unrest elsewhere has been, the net result has been good for urban America, and especially for declining cities that seemed to have few promising options for recovery. "There is a sea change in this country," says Ann Morse, director of the New American Community project at the National Conference of State Legislatures. "There is a much broader recognition since the late '90s that this is a good thing for the economy and for communities and neighborhoods."

Because they are beneficiaries of an international relief effort, the refugees arrive with an array of financial and other resources that other immigrants don't bring. The federal Office of Refugee Resettlement provides not only cash benefits to the refugees themselves but also funds for local agencies

to use in workforce training, English language education and a variety of other services. For a city undergoing economic distress, this is a considerable financial boost. Like most immigrants, the refugee newcomers bring with them youth as well as enthusiasm; most are quite a bit younger than the average resident of the host community, especially in a place such as Utica, which has suffered from so many years of out-migration.

Entering Politics

Historically, academics have described three phases of adjustment that most immigrants go through. First they rely on—and create—ethnic social and cultural organizations to help them feel at home. Then they organize themselves economically around banks, restaurants and small businesses, which provide credit, jobs and other components of financial stability. Only after these first two steps are well underway do immigrants become active politically.

The current refugees reflect some of these settlement patterns. On the other hand, they are in no way typical immigrants. They have been forcibly removed from their homelands against their will. Often they have spent years in refugee camps over-

seas, causing work skills and even resources for daily living to atrophy. Sometimes they are traumatized. In Lowell, Massachusetts, says Victoria Fahlberg, a clinical psychologist who serves as the director of the One Lowell community action organization, "the Cambodian community is different because they came from a genocide."

The Cambodians arrived in America after an intense and bloody civil war in their country—and settled in Lowell largely to work for Wang Computer Corp. Between 1980 and 2000, Lowell's population grew 14 percent, from 92,000 to 105,000. The population of Asians grew by almost 3,000 percent. They settled at first in "The Acre"—Lowell's traditional port of entry for immigrants from everywhere. In some older neighborhoods near downtown, half the population is now Cambodian.

Lowell has always been a hard-core ethnic politics town, and the path plowed by the previous ethnic groups—Italians, French-Canadians, Greeks, Latinos and Portuguese—gave some Cambodians an obvious avenue toward integration.

As in many Massachusetts towns, politics in Lowell is not just governance but recreation. "If you walk into a bar on a Tuesday



TREVOR KAPRALOS

night," says Jeffrey Gerson, a political science professor at the University of Massachusetts, Lowell, "instead of the NCAA you'll see everybody watching the city council."

Lowell's leaders launched a serious effort to make the newcomers comfortable with the city's political traditions. The One Lowell coalition actively recruited Cambodians onto the boards of civic groups, as well as promoting voter education and registration. The One Lowell group produced a brochure called "Why Should I Vote" and published it in Khmer, as well as Portuguese and Spanish. An immigrant, Rithy Uong, was elected to the Lowell City Council in 1999 only a few years after leaving rural Cambodia. Council seats are contested city-wide, so Uong had to court a broad constituency to win.

But Lowell's political integration efforts have not been an unqualified success. After winning three two-year terms, Uong chose not to seek reelection because of an ethics investigation. A guidance counselor at a local high school, he had accepted a promotion even though a previous ethics ruling indicated he could not do so while serving on the council. In addition, there has been internal warfare over control of the local Buddhist temple.

Even today, two decades after Asian

refugees began arriving in Lowell, only a third are naturalized citizens, compared with half among a comparable group of Asian immigrants nationwide. Many are weary of the way politics disrupted their earlier lives and, more than ordinary immigrants, choose to "keep their head down" and keep their affairs private. "A lot of leaders in the Cambodian community are reaching out all the time," says Fahlberg. "And yet there are people out there who are still totally isolated."

Seizing the Chance

It is hard to imagine a less likely engine of urban opportunity than Utica. Situated alongside the Erie Canal halfway between Albany and Syracuse, Utica once thrived on its location in the Mohawk Valley—the only natural break in the Appalachians from Maine to Virginia. Long a blue-collar ethnic town, Utica has been the hardest hit of Upstate New York's major cities, not only from the loss of manufacturing but from the closure of Griffiss Air Force Base in nearby Rome.

The population has withered from more than 100,000 people to barely 60,000. The number of white residents declined by more than 20 percent in the metropolitan area in the 1990s alone. Some picturesque outlying towns are still thriving, but only by feeding off the exodus from the city.

But thanks in large part to a strong church network—and perhaps to the fact that long-term decline has made the area more receptive to new residents—Utica has become one of the leading refugee centers in the entire United States. According to a study by Reed Coughlan of Empire State College and Judith Owens-Manley of Hamilton College, 14 percent of the city's population is now made up of refugees. In the past 20 years, Utica has welcomed large numbers of refugees not only from Bosnia but from Vietnam and the former Soviet Union.

The first few dozen Bosnian refugees arrived in 1993, most of them rural in background. Muslim but secular, the Bosnians came largely from the province of Kladusa, where Muslims had attempted to create an

independent state among the multi-faceted chaos of war. The new lives of these immigrants revolved around the Mohawk Valley Resource Center for Refugees, located in an old two-story Catholic school building on East Genesee Street, just a few blocks from the center of downtown Utica. The flow of Bosnians reached close to 1,000 a year at its peak in 1996 and 1997.

The process of absorbing the Bosnians involved—as in most cities—a combination of city, county and nonprofit agencies. As the recipient of the largest share of federal HHS money, Oneida County—headquartered only a few blocks away—served as a conduit for funds and worked on economic development, connecting refugees with jobs. The Refugee Center served as the local headquarters for training and orientation, providing English-language classes and other programs.

Although Utica had developed a reputation as being a town with a dwindling supply of manufacturing jobs, the Bosnians somehow managed to find them. Many were hired by ConMed, a fast-growing medical device firm that had been founded by a local Italian-American family. Within a few years, Utica had become a magnet for voluntary Bosnian settlement, much as Orange County, California, became for Vietnamese in the 1980s.

The Bosnians were settled at first in apartments in the immediate Genesee Street neighborhood, then gradually migrated about 15 blocks east into the old Italian area of east Utica that revolved around Mohawk Street. There they found dozens of older one- and two-family homes that the Utica Urban Renewal Agency was desperately trying to sell—some for as little as \$2,000. The newcomers found it hard to understand why these homes were so cheap. "A lot of them looked around the neighborhood," says researcher Reed Coughlan, "and asked, 'Was there a civil war here we didn't hear about?'"

Mohawk Street began to thrive again, and housing prices began to rise in the area for the first time in decades. With a 1.5

However tragic political unrest elsewhere has been, the result has been good for urban America.

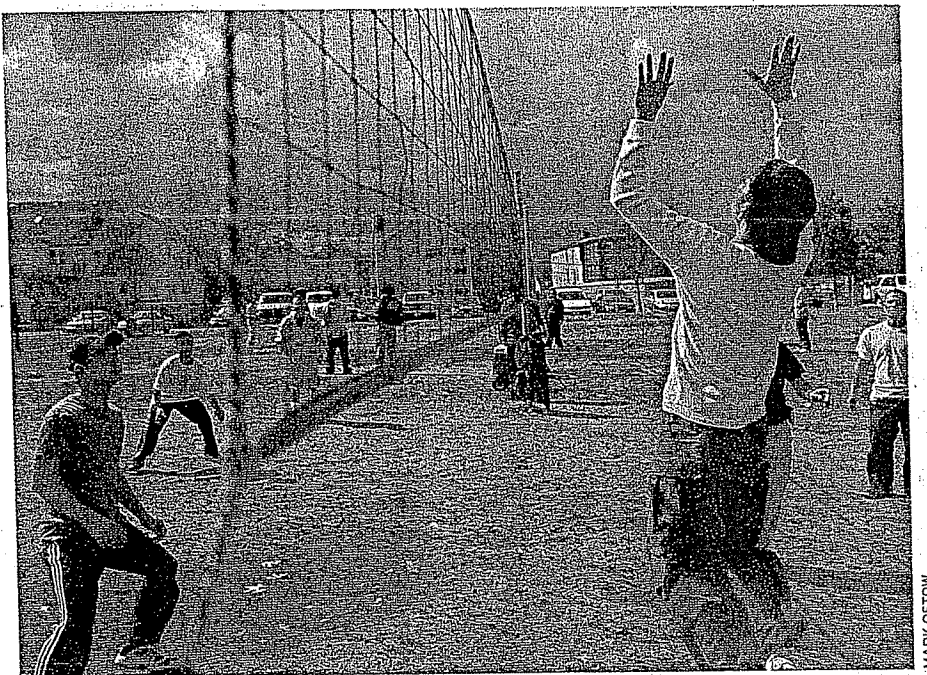
percent property tax on assessed value, Mayor Julian estimates that the typical Bosnian-owned house now provides the city with \$750 a year in property taxes—compared with virtually nothing only a few years ago. The neighborhood transition was not without its problems; as in St. Louis and elsewhere, the Bosnians built smokehouses in their yards for smoked meat, and the odor disturbed the neighbors. But, as Mayor Julian says, this kind of neighborhood strife is nothing new in east Utica. “Sixty or seventy years ago,” he points out, “somebody living next door to an Italian family doing the same thing would say, ‘Can you smell that garbage!’”

Personal Politics

As elsewhere, political integration in Utica has been more difficult than economic progress. In late 2002, Julian appointed Deana Smiljic—who had arrived at the crest of the Bosnian wave in Utica in 1996—to a vacant seat on the Utica Common Council. Julian is a Democrat; Smiljic, like many political refugees, is a Republican. Then 31, Smiljic had become well-known among Bosnians because of her job with the workforce development office at Oneida County—where she had helped place other Bosnian refugees in local jobs.

For the most part, though, the Utica Bosnians, like the Cambodians in Lowell, have been slow to engage in local politics, or even to begin voting. When Smiljic tried to retain her at-large council seat in the next general election, she finished last in the Republican primary, losing out to candidates with names more familiar to most local voters—Parotta, Testa and Longaretta. “It’s a small town, people know each other, they trust who they know,” Smiljic says of Utica’s traditional ethnic voters. For her fellow Bosnians, on the other hand, trusting the political process is hard. “After the kind of war we had, it’s hard for people to trust anything again—especially after what our politicians did to our country.”

Yet one of the lessons of the refugee experience in the United States is that civic involvement may not be the same as political involvement. Refugees may be preoccupied with politics back home, but they care about their new communities. “These are people who are incredibly interested in civic activity,” insists Ann Morse, of the New American Community project. Many of the most important breakthroughs, she



Two decades after Asian refugees began arriving in Lowell, only a third are naturalized citizens.

says, come in ordinary civic activities—neighborhood groups, parent-teacher organizations and service clubs.

New Challenge

Whatever the political frustrations, Utica and the Bosnians have demonstrated beyond any reasonable doubt that they are good for each other. Whether things will go as smoothly between the city and all other refugee groups remains to be seen. Last November, the elders of Utica’s Bantu refugee community issued a formal letter complaining that the Mohawk Valley Resource Center had not provided them with the medical interpreters they needed to use the services of the Oneida County Health Clinic. A tense meeting ensued between the Bantu leaders and the organization dedicated to helping them. In the end, the Bantus backed down, saying they didn’t realize federal law required the county, not the refugee center, to provide the interpreters.

There are 150 Bantus in Utica now—refugees from another international crisis of the 1990s, this one in Somalia. Left unprotected during the Somali civil war of the early ‘90s, many wound up in refugee camps in Kenya before coming to the United States. In Utica, they are struggling to adjust.

The Bantu often bundle up, even in moderate spring and fall weather, and their work habits do not transfer well. Work is not geared to precise chronological time. “It’s a

very different work ethic,” says Peter Vogelaar, staff director of the refugee center in Utica. “In the African context, you go to work when you get there and stay until the job is done.” And the political context is different as well, of course. After the interpreter dispute in November, Vogelaar told a local reporter that it was brave of the Bantus to write a letter to the federal government because “they come from a place where the police kill you if you make trouble.”

All of which raises the question of how communities that welcomed the Bosnians will handle the Bantus and other refugees from other parts of the world. Some refugee experts regard the Bosnians as “a blip”—Europeans from a similar climate with similar work habits and cultural customs—and therefore believe the urban mini-renaissance in Utica is an aberration, unlikely to be replicated in many other places.

Yet it is clear that the refugees won’t stop coming anytime soon. No matter what direction American foreign policy takes under President Bush and whoever succeeds him, millions of people from every continent will continue to be displaced. The resettlement system is so well established now that new groups—such as the Bantus—will continue to stream into cities that feel the moral obligation to welcome them and the economic pressure to grow in population.

Bill Fulton can be reached at bfulton@cp-dr.com

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kevin F Byrnes, AICP
Aging Demographer

DATE: July 6, 2005

SUBJECT: Changes to the Decennial Census Program

As mentioned in previous demographic training sessions for local AAA staff and again at the meeting of the AAA Funding Task Force in Danville yesterday (June 29th), the Census Bureau is revising the decennial census program to eliminate the long-form questionnaire portion of the Census, to be replaced by estimates derived from the American Community Survey program. As a consequence, such data as personal and household income distributions, poverty status and a variety of other socio-economic indicators will no longer be tabulated from the national decennial census, but rather from the on-going American Community Survey (ACS).

Due to the sampling frame necessary to produce reliable estimates across communities, large and small, throughout the Nation, the Census Bureau has initiated a phased implementation of the ACS which affects the availability schedule for these data. In the long-run, communities will have updated reliable estimates on an annual basis, instead of a set of socio-economic indicators only once a decade. In the short-run, however, smaller communities will have to wait longer to see the first estimates from this program and the estimate may be based on a longer multi-year average, depending on the population size of the community. Details about the American Community Survey program and a good overview publication (in pdf format) for local officials can be found on the US Census Bureau's web site at: <http://www.census.gov/acs/www/>.

As an aid to AAAs in understanding the impact which the diversity of communities that make up each Planning and Service Area (PSA) will have on the release dates for ACS-derived data, I have prepared two tables which present a time-series of Census Bureau annual total population estimates (by independent city and county) and show the approximate timetable for scheduled ACS survey data collection and data release.

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Table 1 attached ranks Virginia's 134 cities and counties by total population size (as of July 1, 2004) and depicts the ACS survey group associated with each community. Table 2 attached organizes the 134 cities and counties by PSA to illustrate the variety of data collection schedules and data release dates which will impact each AAA-PSA.

The main points to understand regarding the changes underway are:

- 1) The Census Bureau will continue to administer the decennial census short-form questionnaire which will go to all households in the Nation. The Census short-form provides, among other items, total population counts by age group, gender, and selected race groups critical for political redistricting.
- 2) After the smallest communities (Group D, below 20,000 total persons) have been surveyed for the five consecutive years required to produce their ACS-based socio-economic estimates, these estimates (as well as those for all larger communities) will continue to be updated annually using a "rolling average" method which drops the oldest data in the time series and replaces it with the most recent data for producing the average estimate for the mid-point year of the time series.

This means that for such socio-economic data items as the number of persons by age (e.g. age 60 or 65 and over) living at or below the federal poverty level in 2010, these data won't be completely released from the ACS program for all communities until some time in late 2012 or early 2013. However, thereafter, there will be annual updates based on the rolling average methodology discussed in the previous paragraph.

- 3) Both the decennial Census short-form data and the ACS survey data will be used by the Census Bureau's Population Estimates branch to calibrate the Bureau's population estimation methodologies so that the quality of the detailed (by age, race and sex) population estimates produced by the Bureau are continually enhanced.
- 4) Census data users will continue to benefit from on-going technological developments and enhancements by the Census Bureau to the Bureau's Internet web site and on-line data retrieval tools which make current and future data more readily-accessible than ever before.

If any of the AAA staff have questions regarding the ACS program or other matters related to demographic data availability and use, please feel free to give me a call (804-662-7047) or send me an e-mail (Kevin.Byrnes@vda.virginia.gov).

attachments

Table 1: Annual Estimates of the Population for Counties of Virginia: April 1, 2000 to July 1, 2004, Ranked by Planning & Service Area											
PSA	Geographic Area	ACS Survey Group	Survey Sample Frequency	Earliest Annual Data Release Date	Population estimates					April 1, 2000	
					July 1, 2004	July 1, 2003	July 1, 2002	July 1, 2001	July 1, 2000	Estimates base	Census
1	Wise County	C	2005-2006-2007	2008	41,744	41,726	41,829	41,925	42,187	42,209	40,123
1	Lee County	C	2005-2006-2007	2008	23,846	23,739	23,597	23,362	23,544	23,589	23,589
1	Scott County	C	2005-2006-2007	2008	22,982	23,024	23,096	23,214	23,378	23,403	23,403
1	Norton city	D	2005-2006-2007-2008-2009	2010	3,753	3,889	3,927	3,895	3,882	3,904	3,904
2	Tazewell County	C	2005-2006-2007	2008	44,753	44,531	44,298	44,158	44,454	44,598	44,598
2	Russell County	C	2005-2006-2007	2008	28,893	28,954	28,963	29,079	29,288	29,258	30,308
2	Buchanan County	C	2005-2006-2007	2008	25,200	25,576	26,044	26,389	26,822	26,978	26,978
2	Dickenson County	D	2005-2006-2007-2008-2009	2010	16,177	16,201	16,230	16,263	16,350	16,395	16,395
3	Washington County	C	2005-2006-2007	2008	52,030	51,570	51,330	51,243	51,164	51,103	51,103
3	Smyth County	C	2005-2006-2007	2008	32,538	32,717	32,822	32,905	33,085	33,081	33,081
3	Carroll County	C	2005-2006-2007	2008	29,495	29,315	29,289	29,391	29,293	29,245	29,245
3	Wythe County	C	2005-2006-2007	2008	28,013	27,967	27,834	27,677	27,633	27,599	27,599
3	Bristol city	D	2005-2006-2007-2008-2009	2010	17,308	17,285	17,097	17,313	17,301	17,367	17,367
3	Grayson County	D	2005-2006-2007-2008-2009	2010	16,490	16,571	16,694	16,687	16,887	16,881	17,917
3	Bland County	D	2005-2006-2007-2008-2009	2010	7,034	6,975	6,906	6,944	6,860	6,871	6,871
3	Galax city	D	2005-2006-2007-2008-2009	2010	6,657	6,678	6,652	6,652	6,853	6,837	6,837
4	Montgomery County	B2	Annual	2006/2007?	83,959	83,846	83,798	84,009	83,617	83,681	83,629
4	Pulaski County	C	2005-2006-2007	2008	35,152	35,066	34,977	35,191	35,140	35,127	35,127
4	Giles County	D	2005-2006-2007-2008-2009	2010	16,989	16,953	16,921	16,859	16,705	16,657	16,657
4	Radford city	D	2005-2006-2007-2008-2009	2010	14,770	14,958	15,332	15,756	15,816	15,859	15,859
4	Floyd County	D	2005-2006-2007-2008-2009	2010	14,464	14,376	14,259	14,139	13,951	13,874	13,874
5	Roanoke city	B2	Annual	2006/2007?	92,352	92,624	93,173	94,499	94,738	94,911	94,911
5	Roanoke County	B2	Annual	2006/2007?	87,679	87,345	86,508	86,001	85,763	85,726	85,778
5	Botetourt County	C	2005-2006-2007	2008	31,777	31,482	31,167	30,671	30,570	30,496	30,496
5	Salem city	C	2005-2006-2007	2008	24,347	24,522	24,785	24,597	24,780	24,747	24,747
5	Alleghany County	D	2005-2006-2007-2008-2009	2010	16,737	16,789	16,978	17,050	17,171	17,215	12,926
5	Covington city	D	2005-2006-2007-2008-2009	2010	6,256	6,291	6,337	6,399	6,303	6,303	6,303
5	Craig County	D	2005-2006-2007-2008-2009	2010	5,139	5,120	5,077	5,076	5,099	5,091	5,091
6	Rockingham County	B2	Annual	2006/2007?	70,218	69,539	68,990	68,424	67,822	67,714	67,725
6	Augusta County	B2	Annual	2006/2007?	68,774	67,631	66,863	66,258	65,792	65,615	65,615
6	Harrisonburg city	C	2005-2006-2007	2008	41,066	41,000	40,976	40,613	40,331	40,453	40,468
6	Staunton city	C	2005-2006-2007	2008	23,840	23,892	23,797	23,612	23,844	23,853	23,853
6	Rockbridge County	C	2005-2006-2007	2008	21,084	20,958	20,853	20,819	20,848	20,808	20,808
6	Waynesboro city	C	2005-2006-2007	2008	20,755	20,432	20,145	19,785	19,605	19,520	19,520
6	Lexington city	D	2005-2006-2007-2008-2009	2010	6,910	6,910	6,901	6,928	6,827	6,867	6,867
6	Buena Vista city	D	2005-2006-2007-2008-2009	2010	6,230	6,299	6,297	6,336	6,361	6,349	6,349
6	Bath County	D	2005-2006-2007-2008-2009	2010	4,984	5,024	5,040	5,037	5,042	5,048	5,048
6	Highland County	D	2005-2006-2007-2008-2009	2010	2,482	2,515	2,467	2,550	2,534	2,536	2,536
7	Frederick County	B2	Annual	2006/2007?	66,611	64,823	62,959	61,228	59,593	59,209	59,209
7	Shenandoah County	C	2005-2006-2007	2008	38,032	37,180	36,418	35,732	35,237	35,075	35,075
7	Warren County	C	2005-2006-2007	2008	34,377	33,803	33,064	32,233	31,721	31,578	31,584
7	Winchester city	C	2005-2006-2007	2008	24,779	24,317	24,350	24,082	23,664	23,585	23,585
7	Page County	C	2005-2006-2007	2008	23,730	23,645	23,364	23,248	23,207	23,177	23,177
7	Clarke County	D	2005-2006-2007-2008-2009	2010	13,852	13,444	13,221	13,054	12,708	12,652	12,652
8A	Alexandria city	B1	Annual	2006	128,206	128,673	129,772	130,402	129,130	128,283	128,283
8B	Arlington County	B1	Annual	2006	186,117	187,439	188,690	189,487	189,249	189,453	189,453
8C	Fairfax County	A	Annual	2003	1,003,157	996,794	992,361	986,331	975,174	969,749	969,749
8C	Fairfax city	C	2005-2006-2007	2008	22,062	21,966	21,778	21,806	21,571	21,498	21,498
8C	Falls Church city	D	2005-2006-2007-2008-2009	2010	10,781	10,605	10,626	10,516	10,407	10,377	10,377
8D	Loudoun County	A/B?	Annual	2006	239,156	221,150	203,818	190,086	173,961	169,599	169,599
8E	Prince William County	A	Annual	2003	336,586	323,867	310,828	297,644	283,808	280,813	280,813

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					July 1, 2004	July 1, 2003	July 1, 2002	July 1, 2001	July 1, 2000	Estimates base	Census
8E	Manassas city	C	2005-2006-2007	2008	37,615	37,064	36,622	35,918	35,399	35,135	35,135
8E	Manassas Park city	D	2005-2006-2007-2008-2009	2010	11,519	11,005	10,930	10,772	10,335	10,290	10,290
9	Fauquier County	B2/C?	2005-2006-2007	2007/2008?	63,255	61,207	59,484	57,431	55,579	55,145	55,139
9	Culpeper County	C	2005-2006-2007	2008	40,192	38,640	36,904	35,472	34,494	34,262	34,262
9	Orange County	C	2005-2006-2007	2008	28,970	28,051	27,292	26,553	26,016	25,881	25,881
9	Madison County	D	2005-2006-2007-2008-2009	2010	13,134	13,089	12,984	12,709	12,560	12,520	12,520
9	Rappahannock County	D	2005-2006-2007-2008-2009	2010	7,171	7,118	7,151	7,160	6,969	6,983	6,983
10	Albemarle County	B2	Annual	2006/2007?	88,726	87,478	86,464	85,755	84,607	84,186	79,236
10	Charlottesville city	C	2005-2006-2007	2008	36,605	37,863	38,720	39,371	40,027	40,099	45,049
10	Louisa County	C	2005-2006-2007	2008	28,802	28,048	27,114	26,325	25,757	25,627	25,627
10	Fluvanna County	C	2005-2006-2007	2008	23,644	22,954	22,008	20,998	20,236	20,047	20,047
10	Greene County	D	2005-2006-2007-2008-2009	2010	17,024	16,719	16,304	15,760	15,365	15,244	15,244
10	Nelson County	D	2005-2006-2007-2008-2009	2010	14,902	14,894	14,709	14,578	14,478	14,445	14,445
11	Lynchburg city	B2/C?	2005-2006-2007	2007/2008?	64,932	65,090	64,952	64,735	65,236	65,269	65,269
11	Bedford County	B2/C?	2005-2006-2007	2007/2008?	63,788	62,760	61,874	61,209	60,642	60,371	60,371
11	Campbell County	C	2005-2006-2007	2008	51,695	51,486	51,422	51,178	51,138	51,078	51,078
11	Amherst County	C	2005-2006-2007	2008	31,981	31,972	31,815	32,028	31,898	31,894	31,894
11	Appomattox County	D	2005-2006-2007-2008-2009	2010	13,913	13,757	13,753	13,848	13,706	13,705	13,705
11	Bedford city	D	2005-2006-2007-2008-2009	2010	6,229	6,252	6,280	6,320	6,303	6,299	6,299
12	Pittsylvania County	C	2005-2006-2007	2008	61,752	61,788	61,765	61,956	61,784	61,745	61,745
12	Henry County	C	2005-2006-2007	2008	56,940	57,098	57,363	57,607	57,921	57,930	57,930
12	Franklin County	C	2005-2006-2007	2008	49,841	49,125	48,533	48,002	47,465	47,286	47,286
12	Danville city	C	2005-2006-2007	2008	46,371	46,985	47,311	47,679	48,245	48,411	48,411
12	Patrick County	C/D	2005-2006-2007-2008-2009	2008-2009-2010?	19,239	19,227	19,313	19,411	19,418	19,407	19,407
12	Martinsville city	D	2005-2006-2007-2008-2009	2010	15,039	15,153	15,160	15,356	15,382	15,416	15,416
13	Halifax County	C	2005-2006-2007	2008	36,362	36,648	36,878	37,033	37,324	37,350	37,355
13	Mecklenburg County	C	2005-2006-2007	2008	32,493	32,507	32,477	32,400	32,367	32,380	32,380
13	Brunswick County	D	2005-2006-2007-2008-2009	2010	18,194	18,196	18,358	18,359	18,427	18,419	18,419
14	Prince Edward County	C	2005-2006-2007	2008	20,326	20,142	20,034	19,648	19,699	19,720	19,720
14	Buckingham County	D	2005-2006-2007-2008-2009	2010	15,919	15,872	15,830	15,847	15,630	15,623	15,623
14	Nottoway County	D	2005-2006-2007-2008-2009	2010	15,625	15,675	15,682	15,792	15,743	15,725	15,725
14	Lunenburg County	D	2005-2006-2007-2008-2009	2010	13,085	13,124	13,184	13,074	13,093	13,146	13,146
14	Charlotte County	D	2005-2006-2007-2008-2009	2010	12,412	12,401	12,496	12,408	12,458	12,471	12,472
14	Amelia County	D	2005-2006-2007-2008-2009	2010	11,929	11,747	11,721	11,601	11,479	11,400	11,400
14	Cumberland County	D	2005-2006-2007-2008-2009	2010	9,178	9,152	9,037	8,967	9,006	9,017	9,017
15	Chesterfield County	A	Annual	2003	282,925	276,626	270,772	265,519	260,997	259,903	259,903
15	Henrico County	A	Annual	2003	276,479	271,608	268,050	265,898	263,310	262,300	262,300
15	Richmond city	B1	Annual	2006	192,494	194,285	196,303	197,369	197,444	197,790	197,790
15	Hanover County	B2	Annual	2006/2007?	96,054	94,030	91,878	89,021	87,023	86,320	86,320
15	Powhatan County	C	2005-2006-2007	2008	25,866	25,038	24,263	23,165	22,615	22,377	22,377
15	Goochland County	C/D?	2005-2006-2007-2008-2009	2008-2009-2010?	18,753	18,198	17,695	17,296	16,936	16,863	16,863
15	New Kent County	D	2005-2006-2007-2008-2009	2010	15,552	14,917	14,281	13,890	13,535	13,462	13,462
15	Charles City County	D	2005-2006-2007-2008-2009	2010	7,120	7,141	7,065	6,961	6,931	6,926	6,926
16	Stafford County	B2	Annual	2006/2007?	114,781	110,236	104,269	98,398	93,571	92,446	92,446
16	Spotsylvania County	B2	Annual	2006/2007?	111,850	107,682	102,565	96,741	91,575	90,395	90,395
16	Caroline County	C	2005-2006-2007	2008	24,019	23,167	22,616	22,237	22,136	22,121	22,121
16	Fredericksburg city	C	2005-2006-2007	2008	20,458	20,225	20,017	19,743	19,311	19,279	19,279
16	King George County	C/D?	2005-2006-2007-2008-2009	2008-2009-2010?	19,355	18,526	17,816	17,169	16,914	16,803	16,803
17/18	Gloucester County	C	2005-2006-2007	2008	37,262	36,688	35,913	35,324	34,883	34,780	34,780
17/18	Westmoreland County	D	2005-2006-2007-2008-2009	2010	17,039	16,985	16,735	16,639	16,686	16,718	16,718
17/18	King William County	D	2005-2006-2007-2008-2009	2010	14,334	14,113	13,793	13,499	13,207	13,146	13,146

Table 1: Annual Estimates of the Population for Counties of Virginia: April 1, 2000 to July 1, 2004, Ranked by Planning & Service Area

PSA	Geographic Area	ACS Survey Group	Survey Sample Frequency	Earliest Annual Data Release Date	Population estimates					April 1, 2000	
					July 1, 2004	July 1, 2003	July 1, 2002	July 1, 2001	July 1, 2000	Estimates base	Census
17/18	Northumberland County	D	2005-2006-2007-2008-2009	2010	12,893	12,719	12,597	12,342	12,282	12,268	12,259
17/18	Lancaster County	D	2005-2006-2007-2008-2009	2010	12,030	12,039	11,981	11,490	11,589	11,567	11,567
17/18	Middlesex County	D	2005-2006-2007-2008-2009	2010	10,489	10,290	10,095	10,074	9,967	9,932	9,932
17/18	Essex County	D	2005-2006-2007-2008-2009	2010	10,339	10,305	10,120	10,031	9,994	9,989	9,989
17/18	Mathews County	D	2005-2006-2007-2008-2009	2010	9,226	9,263	9,244	9,232	9,204	9,207	9,207
17/18	Richmond County	D	2005-2006-2007-2008-2009	2010	8,990	8,998	8,982	8,921	8,794	8,800	8,809
17/18	King and Queen County	D	2005-2006-2007-2008-2009	2010	6,775	6,581	6,579	6,607	6,621	6,630	6,630
19	Prince George County	C	2005-2006-2007	2008	34,313	34,262	33,985	33,882	33,206	33,124	33,047
19	Petersburg city	C	2005-2006-2007	2008	32,757	33,102	33,132	33,321	33,581	33,740	33,740
19	Dinwiddie County	C	2005-2006-2007	2008	25,173	24,892	24,651	24,443	24,615	24,533	24,533
19	Hopewell city	C	2005-2006-2007	2008	22,369	22,388	22,443	22,261	22,296	22,277	22,354
19	Colonial Heights city	D	2005-2006-2007-2008-2009	2010	17,511	17,236	17,145	16,985	16,910	16,897	16,897
19	Sussex County	D	2005-2006-2007-2008-2009	2010	11,914	11,954	12,127	12,315	12,488	12,504	12,504
19	Greensville County	D	2005-2006-2007-2008-2009	2010	11,496	11,556	11,580	11,533	11,558	11,560	11,560
19	Surry County	D	2005-2006-2007-2008-2009	2010	6,970	6,985	6,963	6,858	6,845	6,829	6,829
19	Emporia city	D	2005-2006-2007-2008-2009	2010	5,674	5,687	5,708	5,639	5,666	5,665	5,665
20	Virginia Beach city	A	Annual	2003	440,098	436,029	430,909	427,811	426,380	425,257	425,257
20	Norfolk city	B1	Annual	2006	237,835	237,547	238,343	233,453	234,041	234,403	234,403
20	Chesapeake city	B1	Annual	2006	214,725	209,945	205,533	203,022	200,364	199,184	199,184
20	Portsmouth city	B2	Annual	2006/2007?	99,291	99,112	99,369	99,631	100,414	100,565	100,565
20	Suffolk city	B2	Annual	2006/2007?	76,586	73,423	69,821	66,662	64,217	63,677	63,677
20	Isle of Wight County	C	2005-2006-2007	2008	32,774	31,917	30,934	30,362	29,889	29,728	29,728
20	Southampton County	D	2005-2006-2007-2008-2009	2010	17,585	17,386	17,363	17,495	17,485	17,482	17,482
20	Franklin city	D	2005-2006-2007-2008-2009	2010	8,471	8,333	8,185	8,265	8,286	8,346	8,346
21	Newport News city	B1	Annual	2006	181,913	181,200	179,704	179,580	180,551	180,697	180,150
21	Hampton city	B1	Annual	2006	145,951	145,600	144,852	145,130	146,370	146,437	146,437
21	York County	C	2005-2006-2007	2008	60,885	60,105	59,292	57,853	56,584	56,297	56,297
21	James City County	C	2005-2006-2007	2008	55,502	53,244	51,380	49,629	48,489	48,102	48,102
21	Poquoson city	D	2005-2006-2007-2008-2009	2010	11,700	11,750	11,613	11,493	11,584	11,566	11,566
21	Williamsburg city	D	2005-2006-2007-2008-2009	2010	11,465	11,423	11,544	11,849	11,978	11,998	11,998
22	Accomack County	C	2005-2006-2007	2008	39,358	39,093	38,883	38,616	38,392	38,305	38,305
22	Northampton County	D	2005-2006-2007-2008-2009	2010	13,303	13,172	13,062	13,053	13,063	13,093	13,093

Note: The April 1, 2000 Population Estimates base reflects changes to the Census 2000 population from the Count Question Resolution program and geographic program revisions. Dash (-)

Suggested Citation:

Table 1: Annual Estimates of the Population for Counties of Virginia: April 1, 2000 to July 1, 2004 (CO-EST2004-01-51)

Source: Population Division, U.S. Census Bureau

Release Date: April 14, 2005

Table 2: Annual Estimates of the Population for Counties of Virginia: April 1, 2000 to July 1, 2004, Ranked by Jurisdiction Size

PSA	Geographic Area	ACS Survey Group	Survey Sample Frequency	Earliest Annual Data Release Date	Population estimates					April 1, 2000	
					July 1, 2004	July 1, 2003	July 1, 2002	July 1, 2001	July 1, 2000	Estimates base	Census
	Virginia				7,459,827	7,365,284	7,273,572	7,185,522	7,104,033	7,079,030	7,078,515
8C	Fairfax County	A	Annual	2003	1,003,157	996,794	992,361	986,331	975,174	969,749	969,749
20	Virginia Beach city	A	Annual	2003	440,098	436,029	430,909	427,811	426,380	425,257	425,257
8E	Prince William County	A	Annual	2003	336,586	323,867	310,828	297,644	283,808	280,813	280,813
15	Chesterfield County	A	Annual	2003	282,925	276,626	270,772	265,519	260,997	259,903	259,903
15	Henrico County	A	Annual	2003	276,479	271,608	268,050	265,898	263,310	262,300	262,300
8D	Loudoun County	A/B	Annual	2006	239,156	221,150	203,818	190,086	173,961	169,599	169,599
20	Norfolk city	B1	Annual	2006	237,835	237,547	238,343	233,453	234,041	234,403	234,403
20	Chesapeake city	B1	Annual	2006	214,725	209,945	205,533	203,022	200,364	199,184	199,184
15	Richmond city	B1	Annual	2006	192,494	194,285	196,303	197,369	197,444	197,790	197,790
8B	Arlington County	B1	Annual	2006	186,117	187,439	188,690	189,487	189,249	189,453	189,453
21	Newport News city	B1	Annual	2006	181,913	181,200	179,704	179,580	180,551	180,697	180,150
21	Hampton city	B1	Annual	2006	145,951	145,600	144,852	145,130	146,370	146,437	146,437
8A	Alexandria city	B1	Annual	2006	128,206	128,673	129,772	130,402	129,130	128,283	128,283
16	Stafford County	B2	Annual	2006/2007?	114,781	110,236	104,269	98,398	93,571	92,446	92,446
16	Spotsylvania County	B2	Annual	2006/2007?	111,850	107,682	102,565	96,741	91,575	90,395	90,395
20	Portsmouth city	B2	Annual	2006/2007?	99,291	99,112	99,369	99,631	100,414	100,565	100,565
15	Hanover County	B2	Annual	2006/2007?	96,054	94,030	91,878	89,021	87,023	86,320	86,320
5	Roanoke city	B2	Annual	2006/2007?	92,352	92,624	93,173	94,499	94,738	94,911	94,911
10	Albemarle County	B2	Annual	2006/2007?	88,726	87,478	86,464	85,755	84,607	84,186	79,236
5	Roanoke County	B2	Annual	2006/2007?	87,679	87,345	86,508	86,001	85,763	85,726	85,778
4	Montgomery County	B2	Annual	2006/2007?	83,959	83,846	83,798	84,009	83,617	83,681	83,629
20	Suffolk city	B2	Annual	2006/2007?	76,586	73,423	69,821	66,662	64,217	63,677	63,677
6	Rockingham County	B2	Annual	2006/2007?	70,218	69,539	68,990	68,424	67,822	67,714	67,725
6	Augusta County	B2	Annual	2006/2007?	68,774	67,631	66,863	66,258	65,792	65,615	65,615
7	Frederick County	B2	Annual	2006/2007?	66,611	64,823	62,959	61,228	59,593	59,209	59,209
11	Lynchburg city	B2/C?	2005-2006-2007	2007/2008?	64,932	65,090	64,952	64,735	65,236	65,269	65,269
11	Bedford County	B2/C?	2005-2006-2007	2007/2008?	63,788	62,760	61,874	61,209	60,642	60,371	60,371
9	Fauquier County	B2/C?	2005-2006-2007	2007/2008?	63,255	61,207	59,484	57,431	55,579	55,145	55,139
12	Pittsylvania County	C	2005-2006-2007	2008	61,752	61,788	61,765	61,956	61,784	61,745	61,745
21	York County	C	2005-2006-2007	2008	60,885	60,105	59,292	57,853	56,584	56,297	56,297
12	Henry County	C	2005-2006-2007	2008	56,940	57,098	57,363	57,607	57,921	57,930	57,930
21	James City County	C	2005-2006-2007	2008	55,502	53,244	51,380	49,629	48,489	48,102	48,102
3	Washington County	C	2005-2006-2007	2008	52,030	51,570	51,330	51,243	51,164	51,103	51,103
11	Campbell County	C	2005-2006-2007	2008	51,695	51,486	51,422	51,178	51,138	51,078	51,078
12	Franklin County	C	2005-2006-2007	2008	49,841	49,125	48,533	48,002	47,465	47,286	47,286
12	Danville city	C	2005-2006-2007	2008	46,371	46,985	47,311	47,679	48,245	48,411	48,411
2	Tazewell County	C	2005-2006-2007	2008	44,753	44,531	44,298	44,158	44,454	44,598	44,598
1	Wise County	C	2005-2006-2007	2008	41,744	41,726	41,829	41,925	42,187	42,209	40,123
6	Harrisonburg city	C	2005-2006-2007	2008	41,066	41,000	40,976	40,613	40,331	40,453	40,468
9	Culpeper County	C	2005-2006-2007	2008	40,192	38,640	36,904	35,472	34,494	34,262	34,262
22	Accomack County	C	2005-2006-2007	2008	39,358	39,093	38,883	38,616	38,392	38,305	38,305
7	Shenandoah County	C	2005-2006-2007	2008	38,032	37,180	36,418	35,732	35,237	35,075	35,075
8E	Manassas city	C	2005-2006-2007	2008	37,615	37,064	36,622	35,918	35,399	35,135	35,135
17/18	Gloucester County	C	2005-2006-2007	2008	37,262	36,688	35,913	35,324	34,883	34,780	34,780
10	Charlottesville city	C	2005-2006-2007	2008	36,605	37,863	38,720	39,371	40,027	40,099	45,049
13	Halifax County	C	2005-2006-2007	2008	36,362	36,648	36,878	37,033	37,324	37,350	37,355
4	Pulaski County	C	2005-2006-2007	2008	35,152	35,066	34,977	35,191	35,140	35,127	35,127
7	Warren County	C	2005-2006-2007	2008	34,377	33,803	33,064	32,233	31,721	31,578	31,584
19	Prince George County	C	2005-2006-2007	2008	34,313	34,262	33,985	33,882	33,206	33,124	33,047
20	Isle of Wight County	C	2005-2006-2007	2008	32,774	31,917	30,934	30,362	29,889	29,728	29,728
19	Petersburg city	C	2005-2006-2007	2008	32,757	33,102	33,132	33,321	33,581	33,740	33,740
3	Smyth County	C	2005-2006-2007	2008	32,538	32,717	32,822	32,905	33,085	33,081	33,081

Table 2: Annual Estimates of the Population for Counties of Virginia: April 1, 2000 to July 1, 2004, Ranked by Jurisdiction Size

PSA	Geographic Area	ACS Survey Group	Survey Sample Frequency	Earliest Annual Data Release Date	Population estimates					April 1, 2000	
					July 1, 2004	July 1, 2003	July 1, 2002	July 1, 2001	July 1, 2000	Estimates base	Census
	Virginia				7,459,827	7,365,284	7,273,572	7,185,522	7,104,033	7,079,030	7,078,515
13	Mecklenburg County	C	2005-2006-2007	2008	32,493	32,507	32,477	32,400	32,367	32,380	32,380
11	Amherst County	C	2005-2006-2007	2008	31,981	31,972	31,815	32,028	31,898	31,894	31,894
5	Botetourt County	C	2005-2006-2007	2008	31,777	31,482	31,167	30,671	30,570	30,496	30,496
3	Carroll County	C	2005-2006-2007	2008	29,495	29,315	29,289	29,391	29,293	29,245	29,245
9	Orange County	C	2005-2006-2007	2008	28,970	28,051	27,292	26,553	26,016	25,881	25,881
2	Russell County	C	2005-2006-2007	2008	28,893	28,954	28,963	29,079	29,288	29,258	30,308
10	Louisa County	C	2005-2006-2007	2008	28,802	28,048	27,114	26,325	25,757	25,627	25,627
3	Wythe County	C	2005-2006-2007	2008	28,013	27,967	27,834	27,677	27,633	27,599	27,599
15	Powhatan County	C	2005-2006-2007	2008	25,866	25,038	24,263	23,165	22,615	22,377	22,377
2	Buchanan County	C	2005-2006-2007	2008	25,200	25,576	26,044	26,389	26,822	26,978	26,978
19	Dinwiddie County	C	2005-2006-2007	2008	25,173	24,892	24,651	24,443	24,615	24,533	24,533
7	Winchester city	C	2005-2006-2007	2008	24,779	24,317	24,350	24,082	23,664	23,585	23,585
5	Salem city	C	2005-2006-2007	2008	24,347	24,522	24,785	24,597	24,780	24,747	24,747
16	Caroline County	C	2005-2006-2007	2008	24,019	23,167	22,616	22,237	22,136	22,121	22,121
1	Lee County	C	2005-2006-2007	2008	23,846	23,739	23,597	23,362	23,544	23,589	23,589
6	Staunton city	C	2005-2006-2007	2008	23,840	23,892	23,797	23,612	23,844	23,853	23,853
7	Page County	C	2005-2006-2007	2008	23,730	23,645	23,364	23,248	23,207	23,177	23,177
10	Fluvanna County	C	2005-2006-2007	2008	23,644	22,954	22,008	20,998	20,236	20,047	20,047
1	Scott County	C	2005-2006-2007	2008	22,982	23,024	23,096	23,214	23,378	23,403	23,403
19	Hopewell city	C	2005-2006-2007	2008	22,369	22,388	22,443	22,261	22,296	22,277	22,354
8C	Fairfax city	C	2005-2006-2007	2008	22,062	21,966	21,778	21,806	21,571	21,498	21,498
6	Rockbridge County	C	2005-2006-2007	2008	21,084	20,958	20,853	20,819	20,848	20,808	20,808
6	Waynesboro city	C	2005-2006-2007	2008	20,755	20,432	20,145	19,785	19,605	19,520	19,520
16	Fredericksburg city	C	2005-2006-2007	2008	20,458	20,225	20,017	19,743	19,311	19,279	19,279
14	Prince Edward County	C	2005-2006-2007	2008	20,326	20,142	20,034	19,648	19,699	19,720	19,720
16	King George County	C/D	2005-2006-2007-2008-2009	2008-2009-2010?	19,355	18,526	17,816	17,169	16,914	16,803	16,803
12	Patrick County	C/D	2005-2006-2007-2008-2009	2008-2009-2010?	19,239	19,227	19,313	19,411	19,418	19,407	19,407
15	Goochland County	C/D	2005-2006-2007-2008-2009	2008-2009-2010?	18,753	18,198	17,695	17,296	16,936	16,863	16,863
13	Brunswick County	D	2005-2006-2007-2008-2009	2010	18,194	18,196	18,358	18,359	18,427	18,419	18,419
20	Southampton County	D	2005-2006-2007-2008-2009	2010	17,585	17,386	17,363	17,495	17,485	17,482	17,482
19	Colonial Heights city	D	2005-2006-2007-2008-2009	2010	17,511	17,236	17,145	16,985	16,910	16,897	16,897
3	Bristol city	D	2005-2006-2007-2008-2009	2010	17,308	17,285	17,097	17,313	17,301	17,367	17,367
17/18	Westmoreland County	D	2005-2006-2007-2008-2009	2010	17,039	16,985	16,735	16,639	16,686	16,718	16,718
10	Greene County	D	2005-2006-2007-2008-2009	2010	17,024	16,719	16,304	15,760	15,365	15,244	15,244
4	Giles County	D	2005-2006-2007-2008-2009	2010	16,989	16,953	16,921	16,859	16,705	16,657	16,657
5	Alleghany County	D	2005-2006-2007-2008-2009	2010	16,737	16,789	16,978	17,050	17,171	17,215	12,926
3	Grayson County	D	2005-2006-2007-2008-2009	2010	16,490	16,571	16,694	16,687	16,887	16,881	17,917
2	Dickenson County	D	2005-2006-2007-2008-2009	2010	16,177	16,201	16,230	16,263	16,350	16,395	16,395
14	Buckingham County	D	2005-2006-2007-2008-2009	2010	15,919	15,872	15,830	15,847	15,630	15,623	15,623
14	Nottoway County	D	2005-2006-2007-2008-2009	2010	15,625	15,675	15,682	15,792	15,743	15,725	15,725
15	New Kent County	D	2005-2006-2007-2008-2009	2010	15,552	14,917	14,281	13,890	13,535	13,462	13,462
12	Martinsville city	D	2005-2006-2007-2008-2009	2010	15,039	15,153	15,160	15,356	15,382	15,416	15,416
10	Nelson County	D	2005-2006-2007-2008-2009	2010	14,902	14,894	14,709	14,578	14,478	14,445	14,445
4	Radford city	D	2005-2006-2007-2008-2009	2010	14,770	14,958	15,332	15,756	15,816	15,859	15,859
4	Floyd County	D	2005-2006-2007-2008-2009	2010	14,464	14,376	14,259	14,139	13,951	13,874	13,874
17/18	King William County	D	2005-2006-2007-2008-2009	2010	14,334	14,113	13,793	13,499	13,207	13,146	13,146
11	Appomattox County	D	2005-2006-2007-2008-2009	2010	13,913	13,757	13,753	13,848	13,706	13,705	13,705
7	Clarke County	D	2005-2006-2007-2008-2009	2010	13,852	13,444	13,221	13,054	12,708	12,652	12,652
22	Northampton County	D	2005-2006-2007-2008-2009	2010	13,303	13,172	13,062	13,053	13,063	13,093	13,093
9	Madison County	D	2005-2006-2007-2008-2009	2010	13,134	13,089	12,984	12,709	12,560	12,520	12,520
14	Lunenburg County	D	2005-2006-2007-2008-2009	2010	13,085	13,124	13,184	13,074	13,093	13,146	13,146
17/18	Northumberland County	D	2005-2006-2007-2008-2009	2010	12,893	12,719	12,597	12,342	12,282	12,268	12,259

Table 2: Annual Estimates of the Population for Counties of Virginia: April 1, 2000 to July 1, 2004, Ranked by Jurisdiction Size

PSA	Geographic Area	ACS Survey Group	Survey Sample Frequency	Earliest Annual Data Release Date	Population estimates					April 1, 2000	
					July 1, 2004	July 1, 2003	July 1, 2002	July 1, 2001	July 1, 2000	Estimates base	Census
	Virginia				7,459,827	7,365,284	7,273,572	7,185,522	7,104,033	7,079,030	7,078,515
14	Charlotte County	D	2005-2006-2007-2008-2009	2010	12,412	12,401	12,496	12,408	12,458	12,471	12,472
17/18	Lancaster County	D	2005-2006-2007-2008-2009	2010	12,030	12,039	11,981	11,490	11,589	11,567	11,567
14	Amelia County	D	2005-2006-2007-2008-2009	2010	11,929	11,747	11,721	11,601	11,479	11,400	11,400
19	Sussex County	D	2005-2006-2007-2008-2009	2010	11,914	11,954	12,127	12,315	12,488	12,504	12,504
21	Poquoson city	D	2005-2006-2007-2008-2009	2010	11,700	11,750	11,613	11,493	11,584	11,566	11,566
8E	Manassas Park city	D	2005-2006-2007-2008-2009	2010	11,519	11,005	10,930	10,772	10,335	10,290	10,290
19	Greensville County	D	2005-2006-2007-2008-2009	2010	11,496	11,556	11,580	11,533	11,558	11,560	11,560
21	Williamsburg city	D	2005-2006-2007-2008-2009	2010	11,465	11,423	11,544	11,849	11,978	11,998	11,998
8C	Falls Church city	D	2005-2006-2007-2008-2009	2010	10,781	10,605	10,626	10,516	10,407	10,377	10,377
17/18	Middlesex County	D	2005-2006-2007-2008-2009	2010	10,489	10,290	10,095	10,074	9,967	9,932	9,932
17/18	Essex County	D	2005-2006-2007-2008-2009	2010	10,339	10,305	10,120	10,031	9,994	9,989	9,989
17/18	Mathews County	D	2005-2006-2007-2008-2009	2010	9,226	9,263	9,244	9,232	9,204	9,207	9,207
14	Cumberland County	D	2005-2006-2007-2008-2009	2010	9,178	9,152	9,037	8,967	9,006	9,017	9,017
17/18	Richmond County	D	2005-2006-2007-2008-2009	2010	8,990	8,998	8,982	8,921	8,794	8,800	8,809
20	Franklin city	D	2005-2006-2007-2008-2009	2010	8,471	8,333	8,185	8,265	8,286	8,346	8,346
9	Rappahannock County	D	2005-2006-2007-2008-2009	2010	7,171	7,118	7,151	7,160	6,969	6,983	6,983
15	Charles City County	D	2005-2006-2007-2008-2009	2010	7,120	7,141	7,065	6,961	6,931	6,926	6,926
3	Bland County	D	2005-2006-2007-2008-2009	2010	7,034	6,975	6,906	6,944	6,860	6,871	6,871
19	Surry County	D	2005-2006-2007-2008-2009	2010	6,970	6,985	6,963	6,858	6,845	6,829	6,829
6	Lexington city	D	2005-2006-2007-2008-2009	2010	6,910	6,910	6,901	6,928	6,827	6,867	6,867
17/18	King and Queen County	D	2005-2006-2007-2008-2009	2010	6,775	6,581	6,579	6,607	6,621	6,630	6,630
3	Galax city	D	2005-2006-2007-2008-2009	2010	6,657	6,678	6,652	6,652	6,853	6,837	6,837
5	Covington city	D	2005-2006-2007-2008-2009	2010	6,256	6,291	6,337	6,399	6,303	6,303	6,303
6	Buena Vista city	D	2005-2006-2007-2008-2009	2010	6,230	6,299	6,297	6,336	6,361	6,349	6,349
11	Bedford city	D	2005-2006-2007-2008-2009	2010	6,229	6,252	6,280	6,320	6,303	6,299	6,299
19	Emporia city	D	2005-2006-2007-2008-2009	2010	5,674	5,687	5,708	5,639	5,666	5,665	5,665
5	Craig County	D	2005-2006-2007-2008-2009	2010	5,139	5,120	5,077	5,076	5,099	5,091	5,091
6	Bath County	D	2005-2006-2007-2008-2009	2010	4,984	5,024	5,040	5,037	5,042	5,048	5,048
1	Norton city	D	2005-2006-2007-2008-2009	2010	3,753	3,889	3,927	3,895	3,882	3,904	3,904
6	Highland County	D	2005-2006-2007-2008-2009	2010	2,482	2,515	2,467	2,550	2,534	2,536	2,536

Note: The April 1, 2000 Population Estimates base reflects changes to the Census 2000 population from the Count Question Resolution program and geographic program revisions. Dash (-) represents zero or rounds to zero. (X) Not applicable

Suggested Citation:

Table 1: Annual Estimates of the Population for Counties of Virginia: April 1, 2000 to July 1, 2004 (CO-EST2004-01-51)

Source: Population Division, U.S. Census Bureau

Release Date: April 14, 2005